

The Gateway's mental health series, part two: depression

Blue and Grey

Feature, page 7

THE GATEWAY



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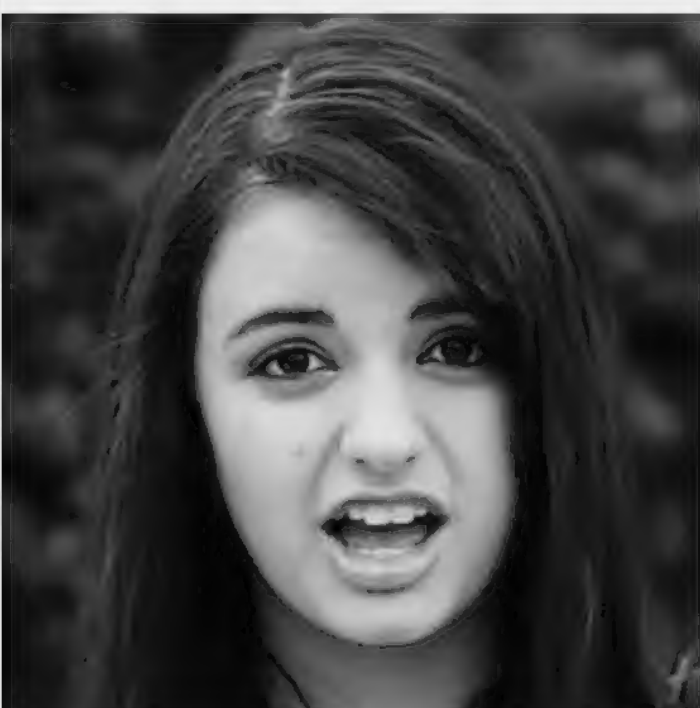
inside



The fruits of his labour

Even though the Court Pandas season has come to a close, Scott Edwards watches his graduating athletes with pride as they move beyond basketball.

SPORTS, PAGE 12



YouTube catches the Black Plague

The Gateway's Alex Migdal lays into the internet monstrosity that is Rebecca Black's "Friday" music video.

A&E, PAGE 11

Councillors get poor marks for attendance

Ryan Bromsgrove lambastes SU councillors who can't be bothered to attend meetings they've been elected to sit on.

OPINION, PAGE 5

Faculty association seeks arbitration

University administration, academic staff failed to reach an agreement in compensation negotiations

AARON YEO
News Staff

Salary negotiations between the academic staff and the administration at the University of Alberta may be going to arbitration later this month, as the staff association looks for a higher salary increase than the university is currently offering.

The Association of Academic Staff: University of Alberta (AASUA) will be seeking approval from their executive and council to go to arbitration over salary negotiations, according to Ian MacLaren, chair of the AASUA negotiating committee.

The current compensation agreement was settled in 2008 and is due to expire on July 1 of this year; the two sides have been negotiating a new deal since December. The AASUA made their second proposal public, suggesting an increase of 3.5 per cent in salary for each year of a two-year agreement.

In response, the Board of Governor's third proposal to the AASUA was released to the public at the beginning of March. Their offer outlined a

three-year plan with increases of 0.5 per cent for the first year, 1.5 per cent for the second year, and two per cent in the third year — significantly lower numbers than what the association asked for.

Because both parties have been unable to settle on an agreement, a third party will be brought in to serve as an arbitrator, as outlined in the collective agreements between the association and the university. Both sides will submit a final position on the salary principles, as well as any other unresolved items.

The arbitration process will be almost entirely confidential, with only the final conclusion made public. The arbitrator will have 30 days once appointed to hold a private hearing, and will provide a binding decision as soon as possible afterwards.

Because a large portion of the university's operating budget is comprised of salaries and benefits to staff, going to arbitration would affect next year's budget, according to a U of A spokesperson.

PLEASE SEE AASUA ♦ PAGE 3



DAN MCKECHNIE

LOCKS FOR LEUKEMIA Members of Kappa Alpha Theta shaved heads of Farm-house members after raising \$1,400 for The Leukemia and Lymphoma Society.

Immigration minister Kenney talks border policies

Calgary-southeast MP summarizes campaigns against bottom feeders, false asylum seekers

SIMON YACKULIC
Deputy News Editor

Minister of Citizenship, Immigration, and Multiculturalism Jason Kenney spoke at the University of Alberta yesterday to elaborate on changes to Canada's immigration system, which he hopes will make the system more "fair."

Kenney discussed how he plans to ensure that the immigration system maintains public support for taking in a high number of immigrants.

"Canadians will only support these high levels of immigration and refugee protection if they see it working for Canada, and if they see the system conforms to the Canadian stance of fair play and rule of law. And that's why a number of things we have done the last few years is to reinforce the

integrity and fairness of the refugee system," Kenney said.

"If we're going to maintain public support for big immigration, you need a fair process."

JASON KENNEY
MINISTER OF CITIZENSHIP, IMMIGRATION, AND MULTICULTURALISM

"There is a consensus in Canada on immigration. There are differences between political parties, but they tend to be differences of degree rather than kind. We do not have, as do most western European

democracies, xenophobic parties that are anti-immigration. We have a pretty robust pro-immigration consensus."

Kenney pointed out that Canada has some of the highest immigration rates in the world — the United Kingdom caps immigration rates at 100,000 a year, while Canada will receive more than 250,000 newcomers next year, despite having a smaller population. Kenney said that he has been focusing on changes to ensure the system remains fair, so as to maintain public support for high levels of immigration.

In particular, Kenney said that he has been on a campaign against "bottom feeders" within the immigration industry who portray themselves as consultants, and then charge exorbitant fees to immigrants for obtaining visas. He also expressed concern with

the difficulties associated with removing people who "overstayed their welcome" from the country.

"If we're going to maintain public support for big immigration, you need a fair process," Kenney said. "We've also addressed some of the problems in our asylum system, which has been too much plagued by abuse from false claims and people seeking to immigrate to Canada through the backdoor."

A few students showed up to indicate their dissatisfaction with his message. Before Kenney's talk, a student passed around a pamphlet which referred to Kenney as the "Minister of Exploitation, Censorship, and Deportation" and expressed a concern that deportations have increased and accepted asylum claims have decreased.

PLEASE SEE KENNEY ♦ PAGE 3

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colophon

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contributors

Max Lutz, Benjamin Nay, Benjamin Ripley, Brad Chury, Anthony Goertz, Ryan Bromsgrove, Aaron Yeo, Matt Meuse, Brendan Fitzgerald, Alex Migdal, Dulguun Bayasgalan, Ross Vincent
Skybox by Dan McKechnie

“

Correct me if I'm wrong, but the whole back end of this building is kind of going to get blown up.

COUNCIL FORUM

Written by Aaron Yeo

Students' Council meets every second Tuesday in the Council Chambers in University Hall at 6 p.m. Council meetings are open to all students. The next meeting will be held on Tuesday, March 29, where free food will be provided for all attendees.

This session's fare at council featured a nutritious and delicious spread of greek salad, vegetarian samosas, fresh vegetables, and the traditional cookies and pop. In a word: delicious. So if you're at all interested in student politics, swing by, fill your belly, and get your democracy on.

SHOW US YOUR PAWS

Students' Union Vice President (Operations and Finance) Zach Fentiman and Graduate Students' Association President Roy Coulthard made a presentation on the status of the Physical Activity and Wellness Centre. Accompanied by members of the PAW Centre Schematic Committee, the pair displayed floor plans and drawings as well as a wooden model of the facility. Fentiman said the Centre will be certified as silver under the LEED standards, a measure of how sustainable the building is.

A HEALTHY PLAN

With the help of representatives from Studentcare, a healthcare provider for

Canadian postsecondary students, Vice President (Student Life) Rory Tighe presented an overview of the performance of the SU Health and Dental Plan, and outlined some minor changes that will be made for next year's plan. Tighe said there will be an increase of \$21 for next year's fees, up to \$215.20 per semester. Council will vote on the changes at the next meeting.

QUESTION PERIOD

When asked about the current microwave situation across campus, Tighe reported that he was awaiting suggestions for strategic microwave placement from faculty associations, and was talking with Ancillary Services to ensure that the locations had sufficient power for the appliances. However, due to the low response rate from faculty associations, Tighe is prepared to install microwaves in specific locations at his own discretion.

CRO 2.0

In response to the resignation of former Chief Returning Officer Jaskaran Singh, council appointed Alena Manera as the new CRO to take over the Elections Office for the remainder of the term, effective immediately. Vice President (Student Life) candidate Colten Yamagishi also reported that the Discipline, Interpretation, and Enforcement Board ruled that the Elections Office run the VPSL re-election alongside council elections on March 24 and 25.

ELECTIONS BILL

By passing Bill 31 in second reading, council lifted a restriction on future



AARON YEO

SET IN WOOD A model of the PAW Centre and its location was on display.

CRO applicants — candidates will no longer need to be an undergraduate student at the university. Council also determined that the CRO, along with the council speaker, will be now considered employees of the SU and subject to operating policy.

BUDGET BREAKDOWN

Council approved an outline of the fiscal priorities of the SU, put together by the Budget and Finance Committee, to be used as a framework for managing next year's multi-million-dollar budget. Changes from the budget principles that were introduced for this year include a priority on product development in the food and beverage

department, as well as increasing staff support for student governance. The proposal took into account a CPI increase of one per cent.

FACULTY ASSOCIATION BUSINESS

Vice President (Academic) James Eastham reported that the Interdepartmental Science Students' Society will be recognized as a full faculty association once their executive and council elections are over at the end of this month. Following two failed attempts at establishing a science faculty association in the past several years, ISSS has been on probation since its creation in May of last year.

STREETERS

Compiled and photographed by
Aaron Yeo and Nick Frost



Kaitlyn
Poggemoeller
Science II



Hayley Carlson
Psychology III



Jamie Michaels
Arts V



Curtis Rollins
ALES V

Usually when I screw up something, I just avoid the situation. I don't do anything again, since I'm afraid I'll screw it up. Again.

Skydiving. [Wait, what?] I was training for skydiving, and I was doing a parachute landing fall, and I tore my vertebrae, so I had to redo my skydiving training.

[My buddy] Curtis Rollins.

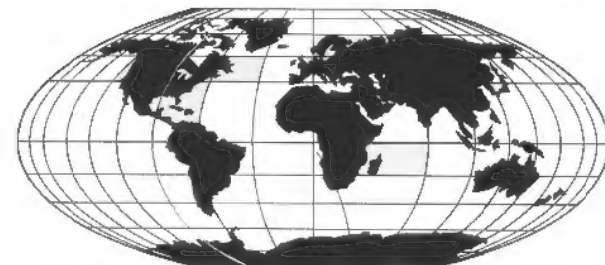
[My buddy] Jamie Michaels.

The Gateway is running a series of features on student mental health.

If you, or anyone you know, has been affected by addiction or suicide, please contact The Gateway at mentalhealth@gateway.ualberta.ca to tell your story.

We can offer anonymity if desired.

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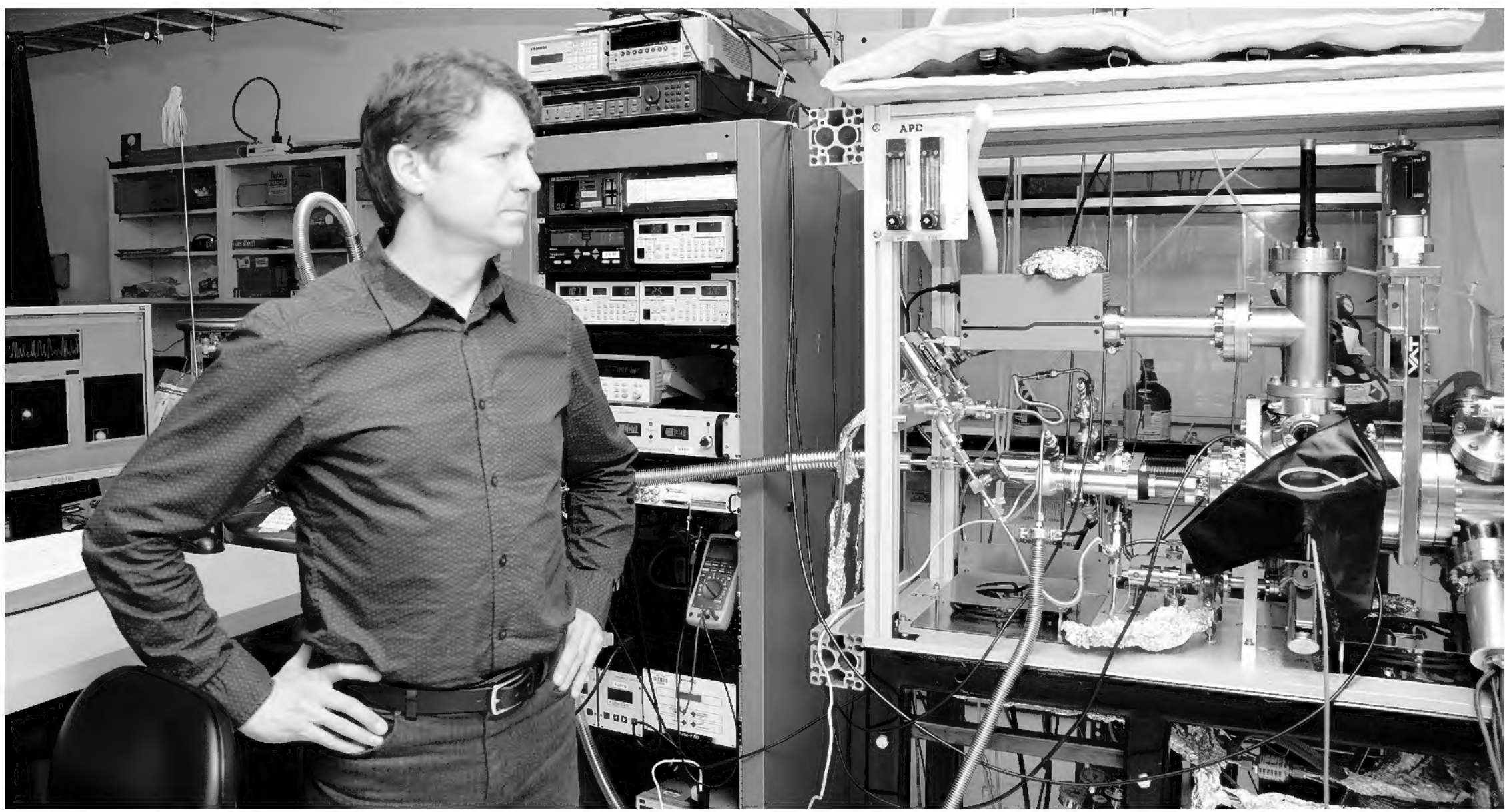
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AARON YEO

Researchers receive world record for sharpest man-made object

ROSS VINCENT
News Staff

A microscope tip built by scientists at the U of A's National Institute for Nanotechnology (NINT) has been recognized by Guinness World Records as the sharpest man-made object.

Physics professor Robert Wolkow headed the team that created the prize-winning microscope tip in 2006, and though his goal was to create a more useful tool rather than achieve a record, the award came as a pleasant surprise.

"It's a measure of accomplishment that most anyone is familiar with, so it resonates with a lot of people. It has an accessible quality [...] It's more like a sporting event than a scientific discovery. It's just a thing people like to rally around, I guess," he said.

The tip is composed of tungsten metal that has reacted with nitrogen gas which carved away the edges, leaving a pyramid shape with a single atom at its apex.

"It's neat that unlike the fastest hundred metre dash or something, you can never make a sharper tip than this because you can't make anything

sharper than an atom," Wolkow said. "I guess people could equal this but no one will ever be able to displace it, so that's kinda neat. It should be a permanent record."

In microscopes, the extremely sharp tip channels a beam of electrons across any sample researchers want to examine. The microscope then detects the electrons as they bounce off the sample's surface and generates a topographical image of the sample in atomically-accurate detail.

Wolkow said this tungsten tip enables a new kind of microscope, one that projects ions rather than electrons. An ion microscope is more accurate and could potentially replace scanning-electron microscopes, which are widely used throughout research and industry.

The unique carving process used to make the new tip was originally discovered by accident, when air leaked into an electron microscope's vacuum chamber and became reactive, eating away at the metal tip. The reaction leaves an atom-thin layer of nitrogen residue on the tip, making a stable framework for an otherwise unstable stack of atoms.

"People have found ways before to stack up atoms in a pyramid, but interestingly they fall down or flow away to a less sharp shape quite spontaneously," Wolkow explained. "What we've done is [...] take away material to reveal a sharp point, [and] paint the remaining surface with a binding layer that makes it robust."

Wolkow credits the interdisciplinary environment of NINT for drawing his attention to the tip's potential for use in electron and ion microscopes.

"One of the beauties of NINT is that we bring scientists of different backgrounds together, and we interact and hopefully influence each other and do things that as individuals we couldn't do, but as interacting scientists, we can do."

The institute and the U of A jointly hold the patent to the tip. Though it is currently available to researchers around the world, the main goal is to see it commercialized in co-operation with Canadian industries.

The Guinness World Record for sharpest man-made object is one of two such records held by the university, the other being for the largest dodgeball game achieved in February.

Arbitration last took place 11 years ago

AASUA ♦ CONTINUED FROM PAGE 1

The last time negotiations led to arbitration was in 2000, but MacLaren pointed out that it used to be more common than they are today.

"It's important to recognize that [arbitration] was routinely used several decades ago, and it only seems to be an aberrant or distinctive need because it hasn't been used since 2000," he said. "It doesn't signify anything particularly, other than the fact the two sides can't agree. It doesn't signify less or more animosity or lack of communication."

Some professors, like Jeremy Richards, a member-at-large for the AASUA, agreed, saying that arbitration is simply a mechanism in the collective agreements. However, he wrote on his blog *Whither the U of A?* that an increase of half a per cent "still represents a real-dollar salary reduction by any estimate of inflation rate."

"It's a very delicate situation when the issue hasn't been settled yet," he said in an interview. "Obviously the negotiators believe the board's proposal is significantly lower than what

they asked for, and I wouldn't want to disagree with them."

A note on the U of A's website that the two sides are still in discussion, and will notify the community of any decisions made.

MacLaren is confident that both parties are still looking out for students, and noted that under the Alberta Post-Secondary Learning Act, the AASUA is not a union and therefore cannot initiate a strike.

"These negotiations occur in a province where the possibility of a suspension of classes or delay of an exam schedule, or anything like that, just doesn't arise. The membership of AASUA does not have the right to strike," he said.

MacLaren will be making a report to the AASUA executive and council later today to answer questions and get formal approval to proceed.

"Extreme though they might be, there are alternatives to AASUA going to arbitration," MacLaren said. "But it is our expectation that if matters take their normal course, that is what will happen, and that's what we're preparing for."

Kenney met with leaflets, chants from students

KENNEY ♦ CONTINUED FROM PAGE 1

The student passing around the pamphlet declined to give her name, but said that she was part of a group of students who were concerned about Kenney and the government's immigration policies.

After the speech, a few students sung anti-deportation chants outside the lecture hall as other students filed out. In response, Kenney dismissed the protestors who passed out the pamphlet as "Trotskyites."

"This is from an organization that one of my colleagues refers to as a Trotskyite group, that says no one is illegal, that we should have no deportation even of foreign criminals," Kenney said, noting he wouldn't listen to the group.

"I'm always happy to respond to legitimate criticism from reasonable people, but [with] Trotskyites, the best thing to do is to ignore them, not honour them."

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Nuclear power not worth the risks

IN THE WAKE OF THE IMMENSE EARTHQUAKE that rocked Japan, the Fukushima nuclear plant has become a pressure-cooker that repair crews are still scrambling to shut down. Proposals are in place to begin developing nuclear power in northern Alberta, but in light of the ongoing disaster in Fukushima — one of the best-run nuclear facilities in the world — these must be reconsidered.

To policy-makers in Japan, nuclear must seem like an ideal solution: fuel is cheap, plentiful, and easily imported from Australia, and nuclear is a proven technology. Japan relies on nuclear reactors for 34.5 per cent of its electricity production, a reaction to a lack of natural fuel sources in the country. However, last week's earthquake has cast into sharp relief the significant dangers of nuclear power — dangers that no country should have to face.

The Japanese government has already taken significant steps to evacuate the area around the reactor and has teams scanning for signs of radiation exposure. Everything the plant's operators can do to stabilize it has been done carefully and correctly; the workers are risking their own safety to bring the reactor under control. However, if there was no Fukushima nuclear reactor, none of this would be necessary.

Japan's heavy dependence on nuclear power — they are the third-largest user of nuclear power in the world — means the country has more nuclear plants that could be affected by natural disasters. If Fukushima were an oil-burning generating station, it probably would have been shut down without incident; worst-case scenario, it could have exploded and caused additional damage to the surrounding area. As it is, Japan is facing the threat of catastrophic meltdown which could scatter radioactive fallout throughout the country and beyond. Nuclear proponents like to trumpet how clean and efficient the technology is, and how little risk it poses to the public. In Fukushima's case, the government has responded quickly with evacuations and radiation screening, and their actions promise to prevent another disaster like Chernobyl in 1986.

However, any risk of radioactive exposure is too great a danger to public health. The effects of Chernobyl's fallout are still being felt today. According to a report by the United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR), "among the residents of Belorussia, the Russian Federation and Ukraine, there had been, up to 2002, about 4,000 cases of thyroid cancer reported in children and adolescents who were exposed at the time of the accident, and more cases are to be expected during the next decades." Avoiding another Chernobyl can begin by placing a moratorium on new nuclear reactors. Unfortunately, advocates in Alberta seem bent on pursuing a nuclear power program nonetheless.

Bruce Power, which operates six nuclear reactors in Ontario, has tabled a proposal to build one in northwestern Alberta, near Peace River. A statement on their website insists on the safety of their reactors, even in the face of an earthquake. "Like all Canadian nuclear facilities, the Bruce A and B generating stations have been designed to withstand potential earthquakes and to ensure safe shut down without release of radioactivity following a major seismic event," it claims. Nonetheless, the potential risk in the face of a catastrophic meltdown is beyond what any Albertan should be made to face.

The practical realities of even safe nuclear operation are unconscionable. Nuclear waste is a problem that cannot be easily addressed; the safest way to deal with it would be to simply launch it into space, but this is prohibitively expensive. Currently, Canada simply boxes up nuclear waste in shielded dry casks and puts it in a warehouse until such time as a more permanent solution is developed.

Given that no effective means of sequestering spent nuclear fuel — which emits radiation at a rate that is fatal after minutes of exposure if unshielded — has been brought forward, and given the events still underway at Japan's Fukushima reactor, it should be clear that nuclear is simply not an acceptable option for Alberta. We need new sources of clean energy, not a dirty bomb waiting to explode in our backyard.

DAN MCKECHNIE
Photo Editor

U OF A SALARY NEGOTIATORS BRING IN THIRD-PARTY ARBITRATION



ROSS VINCENT

letters TO THE eds

Students' Union should just admit defeat now

In my five years at the U of A, as far as I can see, the most qualified candidate is one who knows the amount of change they are capable of enacting, which is ever so very slightly above zero. On matters of actual academics or financial changes which will actually affect students, most specifically undergrads, the university couldn't give two shits about them anyway. Any issue is either so minor that it isn't worth fighting over and therefore nothing is done, or the SU bends to the will of the administration or will be crushed underfoot like a cockroach.

As for the SU's perennial platform of "lower tuition, lower book costs," I can see exactly how far they made it on that. I was also taken aback at the attacks leveled against my favourite and perennial voting choice, NOTA, a candidate whom I believe can deliver the same level of service at a low low price. This is not the opinion or view of someone who is ever so tediously involved with the SU; this is the view of someone who is a student, who watches from the point of a student, and has attempted and failed to see any changes made by the SU that are more than aesthetic. As a science student, I have had no building for my degree, an incompetent administration and some of

the rooms I regularly attend in BioSci aren't even afforded a working clock. This has taught me that if the administration doesn't care about it, nothing is going to get done.

The SU should perhaps take on some more achievable goals, something that will really improve student livelihood, like managing to get some two-ply TP installed in some of the bathrooms. Don't try for three-ply though — that's stretching your powers a little far.

PATRICK GAUDET
Science V

CIS deserves attention from media, students

Well it's March, and we all know what that means: St. Patrick's Day, the beginning of spring, and of course March Madness, that time when it seems like the world turns its eyes to the NCAA basketball divisions, and everyone focuses on the next big names of basketball.

In comparison, it seems the CIS sports got little to no attention by our own national media. TSN has dedicated this week and the following weeks to track the NCAA tournament, but where was the coverage of CIS basketball? I personally question the choice by the big Canadian sports broadcaster such as CTV, CBC, and TSN not to broadcast Canadian talent, and instead focus on U.S. players.

I know March Madness is a big thing, but why is it that our Canadian

university sports are being ignored? I firmly believe our teams here at the University of Alberta and at other Canadian academic institutions deserve better recognition for all the hard work and dedication they put into their sport.

I remember a time when CIS sports were broadcast nationally on TSN; I still have video tapes of teams playing in national championships and enjoyed watching those games. I feel that the CIS, although it sports a cast of very talented athletes, has been treated like a little brother of sorts when it comes to the NCAA. This debate, I'm sure, goes on every year within organizing members of the CIS: how to make the CIS more visible as compared to their southern counterpart. The lack of Canadian media attention doesn't help.

In addition to the lack of media, the apparent apathy some have to our university sport hurts more than anything. In comparison to the NCAA tournament where there are tailgate parties, pep rallies, and events to get everyone into a fever pitch before matches, there is very little that is done at Canadian universities.

I think it is time everyone from students, faculty, heck even the janitors come out to support our athletes before games, playoff matches, or to see them off before going to a national title. I encourage everyone to start this tradition here and now to show up support our athletes, show your school pride, and cheer on these young men and women.

Let's get it started this week as the

Bears Hockey team is off to nationals. Let's start a tradition.

DAVID DESMEULES
Education III

Gateway should look on the bright side

RE: ("Engineering team's drawbridge design falters on national stage," Matt Hirji, March 15)

As an engineer on campus I am always proud of the accomplishments of my fellow students.

This year, the U of A Engineering Students' Society and the Faculty of Engineering sponsored 25 competitors (on a total of eight teams) to compete in the Western Engineering Competition in Saskatoon.

Of those teams, the Innovate Design team placed first, the Senior Design team placed first, and the Debate team placed second. All these teams qualified for the national competition (Canadian Engineering Competition) held last weekend in Montreal. It must be noted that this was an unprecedented success for the U of A. We qualified more teams and more competitors than any other school in Western Canada. At CEC, the U of A Innovative Design team won first place.

My question to you is: why wasn't this your headline? "U of A Engineering Innovators win on a national stage," or "Three teams of exceptional engineering students perform on a national stage," or

PLEASE SEE LETTERS • PAGE 6

Council apathetic about attendance



RYAN
BROMSGROVE

“If you happen to be in a faculty with only one councillor, and that person doesn’t show up, there’s absolutely nothing you can do to ensure that your voice is represented in the union that you pay to be a member of. The only thing that you can hope for is that the person steps down.”

It’s easy to throw around criticism about how the Students’ Union is ineffective, inefficient, and incompetent. There are, however, a few specific problems that should be addressed while we’re complaining. Every other Tuesday at 6 p.m., your elected councillors gather at council chambers in University Hall to conduct petty arguments, play politics, and occasionally do some worthwhile work. Unless, of course, they don’t bother showing up.

Regular attendance at council appears to be a problem for some, which is rather baffling considering that free food is provided. And you’d expect a sense of duty would come along with being selected to represent the few members of your faculty who care enough to vote. Then again, perhaps this problem is one of the root causes of student apathy surrounding elections. I can’t think of many things that would make me more apathetic than the idea of voting for a councillor that doesn’t take the role seriously.

I’d be feeling especially apathetic if I’d voted in Engineering Councillor Ben Lambert, who was fully present at a mere seven of the 22 Students’ Councils for which there is attendance information. Only slightly ahead of him is sole Native Studies Councillor Jake Archie, but only because he

managed to appoint a proxy for one of his many absences. Thomas L’Abbé from Science managed to make it out to 10 full sessions, falling just short of half.

The SU’s official attendance records for council meetings don’t paint an encouraging picture. Despite the fact that records for some of the council meetings are missing, it’s still clear that there’s a serious problem with councillors skipping out on meetings.

Regulations used to be in effect that if a councillor missed three consecutive meetings, or five in total, that person was immediately suspended. If the councillor did not attend the next council with a good enough reason to be reinstated, then he or she was removed, and unable to run in the by-election filling the now-vacant seat. By these standards, more than one-third of all current councillors would have to at least answer to council about their attendance record.

Instead, there is no such accountability. In 2004, Students’ Council decided that requiring that people show up was a dumb idea, and scrapped the attendance policy. This means that if you happen to be in a faculty with only one councillor, and that person doesn’t show up, there’s absolutely nothing you can do to ensure that your voice is

represented in the union that you pay to be a member of. The only thing that you can hope for is that the person steps down, as some have responsibly done, to allow for a by-election. But there’s nothing compelling anyone to do that.

Of course, life is going to get in the way for some councillors. They’re still students, after all, and they may have an exam the next morning, or a job that actually pays them. One or two absences here or there isn’t necessarily much of a problem. However, missing four consecutive meetings — two entire months — certainly is. Councillors should at the very least be forced to give some sort of explanation as to what they’re doing with their time instead, and why they couldn’t be bothered to get a proxy. And if they can’t, you start to wonder whether your councillor actually gives half a shit, or if they’re just using the position to pad their resumé.

Council elections are next week, and something every candidate should be considering is whether they’re going to take it seriously. A few hours every second Tuesday evening is not so much to ask that it cannot be scheduled around. The opportunity to help shape the SU, and the experience as a representative should be incentive enough to actually attend.

THREELINESFREE

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree, or message us at www.thegatewayonline.ca/threelinesfree

- to the idiots scraping metal and backing up constantly with your BEEP BEEP BEEP noises at 730 am wednesday out behind mack hall, you just woke up 3/4 of Lister unnecessarily. Do it at a reasonable hour next time. YOU SUCK.
- Guy in Poli Sci 101 - Stop coming to class late, standing at the front of the room while you take off your coat, booting up your laptop, asking the prof useless questions and doing nothing related to class online. You're distracting.
- Loud, opinionated guy in ETLC: I DON'T give a crap that Britney Spear's first single was about spousal abuse. Use your indoor voice and don't disturb everybody by speaking so loud in a public place.
- BAR teca is better than george's
- You're my best friend, and I love you so much. I wish you'd open your eyes and see me. Please?
- Now the roof in HUB changes colour, WTF? Is this where all my school fees went? You can't even see it in daylight...
- Keep on smiling folks. It's going to be a beautiful week and the end of the year is in sight, you can make it!
- The only exciting part of the SU election gets postponed. Figures.
- oy, idiots who live above me: STFU. NO one wants to listen to your rap crap and your pounding feet, especially when it's loud enough that it sounds like it's in my room. And please stop shifting furniture around at 3 am when you're plastered. Ditto bouncing balls on my ceiling.
- EAS192, Quiz day: class size doubles.
- to the girl who said the earthquake and tsunami in Japan were "awesome" you should be ashamed
- If it was three lines for a dollar, I would still post.
- food, it puts me in a good mood... and keeps me going
- Hay Cutie Pies :3 <3
- If you can't walk at a decent pace while texting, move the hell over or put away your phone until you're sitting somewhere. Some of us are in a hurry and don't want to get stuck behind snails like you in a crowded hallway between classes.
- Camel toe isn't pretty. Girls: get longer t-shirts!
- Thank you to the prof who gave the entire class an extra weekend on our essay
- People who don't live in Lister don't give a fuck about Allstars, so you can stop chatting my ear off about it...
- Anyone else want to see a PC Leadership Battle Royale on SUB stage? "Horner hits Griffiths with the steel chair!"
- Girls in ARTH 205.... please stop kicking my chair
- Rutherford 3rd: GET OFF YOUR PHONE
- If you can walk outside with your jacket open. It's warm
- I have to laugh at all the people that run to catch the bus. Calm down guys, there will be another one in 20 minutes.
- Be kind to the Metro lady in HUB. she works hard too
- You won't catch disease
- Using a public toilet
- Stop wasting T.P.
- Guy was literally laughing his head off like a hyena in SUB on Tuesday night.
- Why are there no good couches on the ARTS side of campus

The Gateway reserves the right to edit any submissions, as well as refuse publication of any submission it deems racist, sexist, hateful, libellous, or overtly offensive. The Gateway cannot guarantee that your submission will be used (but we'll try). Submissions should be 130 characters max (including spaces).

THE GATEWAY Staff Reporter



Applicants should submit a covering letter, resumé and a portfolio to Gateway Business Manager: **Ashleigh Brown** (780) 492-6669 biz@gateway.ualberta.ca Only shortlisted candidates will be contacted for interviews.

The Gateway is accepting applications for the Staff Reporter position for the 2011/2012 publishing year.

The term runs from May 1, 2011 to April 30, 2012.

The paid portion of the job runs from mid-August 2011 to the end of April 2012. The staff reporter will be expected to train on at least three summer issues for an honorarium of \$115/issue.

At its full capacity, the salary for the Staff Reporter will be \$726.69 per month.

Application deadline | 5 pm • March 24th, 2011

* Pay will be adjusted for inflation over the summer and may increase.
** Complete job description (subject to change) is available at www.gateway.ualberta.ca/gsj

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Charlie Sheen is the real story



MATT
MEUSE

And forget the systematic dismantling of the internationally-recognized right to unionize in the Midwestern United States. Everyone already knows that the American political system is irreparably broken. At least the Egyptian protests were exciting.

Finally, forget the massive earthquake and resulting tsunamis that have rocked Japan. There always seems to be some big-ticket natural disaster begging for our attention and spare change. Katrina, Haiti, Japan — you've been assaulted with so many disconnected images of the utter destruction of places you will never visit that they don't even register anymore. You have no context. It doesn't matter in the slightest.

Listen well, you tiger-blooded bi-winners, and let me tell you how the mighty news media is failing you even as we speak. The mainstream media sets the agenda for public discourse, and they've been abusing this power to pull the wool over your collective eyes by refusing to cover the stories that people need to hear. Civil war in Libya, workers' rights in Wisconsin, natural disasters in Japan — these are simply distractions from what really matters: Charlie Sheen.

Forget massive sociopolitical change in the Middle East. It's sweeping through the region faster than an STI through a college dorm, but it's boring. It's played out. You can read about that sort of thing in a history book. We don't need to hear about the complete societal restructuring of countries that are literally on the other side of the planet.

So why are these stories, none of which have any measurable relevance to our lives, dominating the headlines, scattered across the front pages like so many hastily removed undergarments? Why do the media insist on cramming this "news" down our throats, force-feeding us fear and making us anxious about things that don't affect us? The answer is simple: to distract us from the real issues.

However much we may not want to hear it, the fact is that there are more important things happening in the

world right now than some protest or a big tornado or whatever.

There are celebrities doing crazy shit somewhere in the world almost every single day, and they almost never get the coverage they deserve. These are the things people need to hear about, and they are almost always relegated to the tabloids, shunned from the spotlight by all but the bravest of journalists who dare to uncover the truth.

If anything, the recent coverage of Charlie Sheen is a beacon of hope, a shining example of journalistic integrity that we would be fools to ignore. Adonis DNA, seven-gram rocks, dubstep remixes, Twitter hashtags — these are the issues that really matter. This is what the people need to hear.

So break free of the mind-shackles that are smothering your think-meats, you media-literate citizens of the techno-future. Don't be controlled by the multinational corporate interests that want to dictate what you see, what you hear, and what you think. The real stories, the things that really matter — they're out there, if you can only find the courage to look for them.

LETTERS • CONTINUED FROM PAGE 4

"U of A engineers dominate nationally."

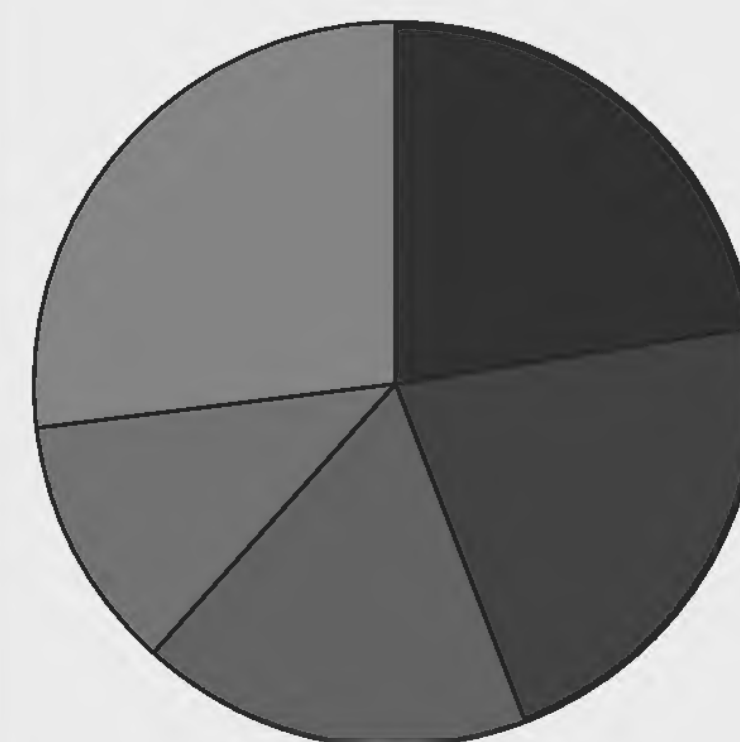
In the future I would request that you focus on the real achievements of the students on this campus. Your headline belittles a group of talented individuals and completely misses a group that has been nationally acclaimed.

CLARE SMITH
Engineering V

Letters to the editor should be sent to letters@gateway.ualberta.ca or delivered to SUB 3-04. The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous, or otherwise hateful in nature. Letters to the editor should be no longer than 400 words, and should include the author's name, program, and year of study to be considered for publication.

readerpoll

"How are you feeling about the upcoming registration opening for 2011-2012 classes?"



THIS WEEK'S QUESTION:

"How many of your classes have you actually attended this semester?"

vote online at thegatewayonline.ca

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Dealing with Depression

The Gateway's mental health series

Written by Alix Kemp
Illustrated by Anthony Goertz

Today

- Battling depression

Thursday, March 24

- The bigger problems with addiction

Thursday, March 31

- Suicide and students

All students experience times of hardship and stress, periods where they feel tired, listless, or sad. For most, these feelings pass relatively quickly, the product of too much homework or a string of bad days. But for others, it's a part of their everyday lives, a persistent state of gloom that can feel insurmountable.

Severe clinical depression can make even the most basic tasks seem nearly impossible. Those with depression may experience a broad range of symptoms, from a general sense of sadness, feelings of worthlessness or guilt, anxiety, to a loss of interest in activities they once loved, and even suicidal thoughts. Psychological symptoms are often accompanied by a host of other problems: headaches, insomnia, lack of sex drive, and weight loss. What's becoming increasingly concerning, though, is the number of students who demonstrate depressive symptoms.

A recent study from researchers at the University of British Columbia (UBC), published in the *American Journal of Orthopsychiatry*, found that a large percentage of students who accessed campus health centres for a variety of ailments showed significant signs of

depression. Students on five university campuses in Canada and the United States were screened for symptoms of depression; one in four of respondents were potentially depressed.

Dr. Elizabeth Saewyc, the Applied Public Health Chair in youth health at UBC was one of the study's co-authors.

"University students are often under a lot of stress, and depression is one of the most common mental health challenges of adolescents and young adults," Saewyc said. "It's far more common than the other kinds of mental health challenges that you hear about, but a lot of people don't necessarily know that's what they're struggling with, [or that it's] something they can get help for."

That's one of the largest problems with depression

among students — it frequently goes undiagnosed. Simply exhibiting symptoms doesn't mean that someone has clinical depression; everyone feels sad or hopeless occasionally, according to Saewyc. But, there may be a lot of students who would qualify for a diagnosis of depression who are unaware of the problem, and therefore unable to get assistance.

"There were a lot of young people out there who were distressed, seriously distressed, and were not getting help for that," Saewyc said.

Of the students who indicated high levels of depressive symptoms in the study, one third of them had never done anything about it. Also troubling was that, of the students who showed symptoms of depression, one third of them reported suicidal thoughts, though they said they would not act on them.

Saewyc said it's not necessarily the case that university students have higher rates of depression than the general population. However, students do face a lot of unique challenges that may contribute to depression.

"Part of what may be happening is that for the first time in their lives, they have moved away from their key support systems. So if you think about it, a lot of university students have moved to a different province, or sometimes even a different country," Saewyc suggested. "Then there are all those expectations, because you have to do well, you have to be able to succeed and graduate, and your future career is riding on that. Young people put a lot of pressure on themselves to do well [...] They're also doing it with fewer of their supportive networks around them. They feel more isolated and alone, and have a hard time coping."

There are a lot of situational causes for depression, including stress or trauma. However, the exact balance between genetic, biochemical, and psychological factors isn't entirely understood. While it was once thought that depression was caused solely by external factors, to researchers and doctors it's been increasingly clear that biology plays a significant role.

Evidence strongly suggests a genetic factor in depression — those with a history of depression in their families are at an increased risk to experience depression at some point in their own lives. However, it's unclear how large the role of genetics is, and to what extent they may be overridden by hormonal or environmental factors.

In fact, depression is closely related to the limbic system of the brain, which includes the hippocampus, amygdala, and hypothalamus. Together, these structures affect emotion, memory, and sleep patterns. The hypothalamus in particular is responsible for regulating hormone production and release in the brain, and may play a significant role in depression.

On a biochemical level, doctors know that depression is linked to a number of hormones in the brain, including noradrenaline and serotonin. Serotonin is linked to mood, emotional behaviour, and sleep, while noradrenaline is linked to responsiveness. Low levels of both likely contribute to depressed mood, lethargy, and feelings of sadness.

Many anti-depressants, such as selective serotonin re-uptake inhibitors (SSRIs) work by elevating levels of serotonin. Another class of anti-depressants, serotonin-norepinephrine uptake inhibitors (SNRIs) increase levels of both serotonin and noradrenaline. Approximately six per cent of Canadians take anti-depressant drugs to manage symptoms of depression.

However, anti-depressants are only one way that people deal with depression. At the University of Alberta, there are a number of resources available on campus that students can access in order to help manage their depression.

The University Health Centre operates as a first line of defence for helping students who show symptoms of depression. As Saewyc's study illustrates, it's important for physicians to screen patients for depression, since many students may not recognize when they're experiencing symptoms. But after a diagnosis, students can then be pointed towards other support services.

One of those support services is the University Health Centre's Psychiatry and Student Counselling Services. After a recent increase in staff, SCS employs seven registered

psychologists, three pre-doctoral student interns, two registering interns, and two part-time practicum students completing their masters' degrees, providing free therapy sessions to students in need. Currently, there is approximately one psychologist per 3,000 full-time students.

There are another six available psychiatrists. Together, these counsellors and doctors serve the entire student population. The centre also runs a number of group sessions, including a program called "Eight Weeks to Wellness," which is tailored to students dealing with depression and stress.

According to Dr. Steve Knish, a psychologist and team leader at SCS, "depression is one of the big three [issues] that we see students for."

Between September 1 and December 31 of last year, counselling services completed 593 initial consultations with students. Of those, 37 per cent said that depression was their primary difficulty, 16 per cent reported suicidal ideation, and 21 per cent were already taking psychotropic medications. Other issues that were common among students accessing SCS were anxiety and relationship issues.

Individual therapy allows counsellors at the department to tailor their counselling to the needs of the student.

"Depression can be different for everyone. Although there are some of these common sort of signs or symptoms of depression, everyone can have a bit of a different experience with it," Knish said.

Students begin with an initial consultation, after which point they can be matched with a counsellor.

"Essentially, we will try to match the treatment to the student, so it's very individual," Knish said. "Sometimes we'll work with negative thinking or critical thinking, [...] depending on what's happening for the student [...] Sometimes [it could] be grief or loss of a relationship that's bringing on the depression, so that's something we could look at. The depression could have many sources, so we have to individually sit down with a person and work with wherever they're at, and whatever approach is going to fit for them."

Depending on the needs of the student, student counselling may also connect them with other resources on campus.

"If [a student is] spiritual, we will work with the chaplains, or use them as a resource," explained Knish. "We could surely send someone for academic support, we would work with the chaplains, [and] the Student Success Centre is a place that we would send students to with respect to financial issues. These are all things that we would potentially use as well."

Whether it's going to a family doctor or heading to the University Health Centre on the second floor of SUB, dealing with depression should be taken seriously. With an increasing student population facing mental health problems, getting help quickly is key to dealing with problems before they balloon into larger issues. However, with the help of increased students services, more people affected by depression are getting the help they need.

"Young people put a lot of pressure on themselves to do well [...] They're also doing it with fewer of their supportive networks around them. They feel more isolated and alone, and have a hard time coping."
- Dr. Elizabeth Saewyc



social intercourse



The Edmonton Collectible Toy and Comic Show

Sunday, March 20 from 10 a.m. to 5 p.m.
Shaw Conference Centre Hall A
(9797 Jasper Avenue)
\$10 General Admission, free for kids under 12

Admit it — there is a comic book-collecting, light saber-wielding, superhero wannabe nerd in you that dies a little every time a new X-Men movie comes out. Also, you still think toys are cool. This message is for your inner nerd. The Shaw Conference Centre is host to the annual Collectible Toys and Comic Show again this year, which features appearances by renowned comic book artists like Ron Wagner (*Batman*, *Daredevil*) and Cary Nord (*Thor*, *Wolverine*). Also steering the wheel is LeVar Burton from *Star Trek: The Next Generation* who's a familiar face to nerds all around. And needless to say, there'll be *Star Wars* exhibits galore. May the force be with you.

Book Launches at Audreys Books

The Canterbury Trail by Angie Abdou
Catch Me When I Fall by Patricia Westerhof
Thursday, March 17 at 7:30 p.m.
Audreys Books (10702 Jasper Avenue)
Free

I never knew exactly what St. Patrick's Day was all about, but going to a book launch seems like a perfectly acceptable way to celebrate it. Actually, this has little to do with celebrating St. Patty's Day and more to do with just celebrating new additions to the literary world. If you're like me and can spend two hours loitering in a bookstore just to feel the quiet magic and humble wisdom of the literature, this is where you ought to place your bookmarks. Angie Abdou will be launching her book, *The Canterbury Trail*, and Patricia Westerhof will introduce her novel, *Catch Me When I Fall*. By the way, wearing green wouldn't hurt either. I mean quite literally — people won't pinch you.

Elizabeth's Antique and Collectible Sale

Friday, March 18 from 2 to 8 p.m.
Saturday, March 19 from 10 a.m. to 4 p.m.
Alberta Aviation Museum
(11410 Kingsway Avenue)
\$3 at the door

Every hipster knows that everything is cooler the older, thriftier, more frayed, more beaten, more bedraggled, and more vintage it is. A fortune might be spent on rustic beads and discoloured tees from Urban Outfitters in an attempt to look like a '60s hobo, but everyone knows a thrift store or an antique sale is the way to go. It's cheap, and the stuff is actually old. On Friday and Saturday, the mother of all antique sales is happening, with more than 100 tables displaying all the fine china, forgotten records, vintage jewelry, quaint toys, old furniture, and anything else you would ever need to go all-out retro.

DULGUUN BAYASGALAN
King of Hipster Collectibles



Secrets, sarcasm, and synthesizers

Keeping things light is serious business for Electric Six frontman Dick Valentine

musicpreview

Electric Six

With Birthday Boys and Stars of Boulevard
Friday, March 18 at 8 p.m.
The Starlite Room (10030-102 Street)
\$20 at Blackbyrd, Listen, and Permanent Records

MATT MEUSE
Arts & Entertainment Writer

Rock and roll is dead. Long live Electric Six.

It's unclear who killed it, exactly. "I'm just a pawn in the game," says Dick Valentine, frontman of the high-octane six-piece Detroit outfit. "If I had any of the real answers [about the music industry], I probably would have somebody else doing the interview for me."

Valentine, whose real name is Tyler Spencer, is known for his sardonic, often satirical style of songwriting. The same wry sense of humour found in Electric Six's lyrics is apparent in conversation with him. He has an understated way of giving subtly sarcastic left-field answers while remaining straight-faced — he's not so much answering any questions as he is playing with them. Discussing anything from past projects to live shows is consistently met with the same subtly sarcastic responses.

"The shows blur into one at this point. I've been doing this for over eight years. It's very rewarding, but I also don't know who I am anymore," Valentine deadpans.

It has certainly been a busy decade for Valentine and Electric Six. They've released an album almost every year since 2003, their most recent effort being 2010's *Zodiac*. The album has 12 tracks, each one ostensibly correlating to a sign of the zodiac. But that, like most things Valentine says, should probably not be taken too seriously.

"How serious is anything, you know?" Valentine asks. "Because it depends on the beholder. I don't know that I'm necessarily the beholder of those songs or the album just because I'm the guy who wrote them or I'm in the band. I think that generally you don't really need to examine any of it."

Electric Six first broke into the spotlight in 2003 with their debut album *Fire*, and its two most well-known singles, "Gay Bar" and "Danger! High Voltage." The latter song features Jack White of the White Stripes on backup vocals — a fact the band vehemently denied at the height of the song's popularity, and something Valentine confirms very reluctantly even now.

"There's certain measures that you take to protect your investments, [to] protect your career, your family," Valentine says cryptically. "Those were some of those measures."

Electric Six also stirred up some controversy around this time with their cover of Queen's "Radio Ga Ga." Some people felt that the video was disrespectful to late Queen frontman Freddie Mercury, appearing to depict Valentine dancing on Mercury's grave, though it was intended as an homage. The band had only intended to cover the song for their live shows, and they weren't particularly thrilled when they ended up recording a studio version.

"It felt like we were under marching orders [from our label] to record that, yes," he admits. "But we went ahead and did it, and there it was, and now it's behind us, and there it is. It's a matter of public record now."

But Valentine has never been one to shy away from doing what it takes to be successful in the music business, as the story of Electric Six's origins will attest. The band started life in the 1990s as the Wildbunch, which Valentine describes as "five people who pretty much hated each other" — Valentine himself is the only remaining member of the original lineup. He also played in the Dirty Shame, a band that "played here and there, but it

didn't go anywhere."

After spending their formative years playing clubs in Toronto during the 1990s, Electric Six has something of a soft spot for Canada. These days, they're very appreciative of Western Canada in particular.

"How serious is anything, you know? Because it depends on the beholder. I don't know that I'm necessarily the beholder of those songs or the album just because I'm the guy who wrote them or I'm in the band."

DICK VALENTINE
VOCALIST, ELECTRIC SIX

"It seems like you can't have a hotel in Western Canada without there being an indoor water-slide," Valentine enthuses. "We're looking forward to coming your way, and we need people to come to the show. We need people to buy tickets and buy t-shirts, and I need a way to support my family."

Valentine may agree that rock and roll is dead, but he and Electric Six are anything but. "The long-term [plan] is just keep doing exactly what we're doing. Just keep working incredibly hard, not thinking about what we're doing, and then the next thing you know you wonder what happened to your life."

But Valentine wouldn't have it any other way. "I don't think there's anything better that you can do, is to just kind of live, work — go real fast, real hard, and then the next thing you know, your life's over. And to me that's just the best thing you can possibly do."



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The most bitter man in music

musicpreview

Fred Eaglesmith

Thursday, March 17 at 8 p.m.
 Century Casino (13103 Fort Road)
 \$29.50 at ticketmaster.ca

JUSTIN BELL
 Managing Editor

He's put out 18 albums in the last 30 years, toured the continent more times than you can count, and has even become a successful painter. So the question remains: why is Fred Eaglesmith so cranky on stage?

"It started with the folkies. Always so nice, always sucking up — sucking up to the audience [with] a million thank yous. This is fucking rock and roll," says Eaglesmith. "As I got older it sort of got worse. It's sort of like, 'I can be fucking cranky if I want.' It's like, you know rock and roll has always sort of started out as 'fuck you.'"

Among his fans, he's known as much for his onstage persona as he is for his music. He'll tell off-colour jokes in between songs, and sometimes goes so far as to ridicule the audience directly. But, as he says, he's not here to impress anyone.

"I'm not interested in playing up to people's good side. This is the day when everyone is sucking up to [their audience] — advertising is sucking up to them. My audience knows I'm not going to suck up to them," Eaglesmith says. "If you want a nice guy, go to a Barry Manilow concert. He's a nice guy."

A lot has changed since Eaglesmith started working in the music industry three decades ago. Touring used to be



about the music and living on the road, packing up and being out of reach for an extended stretch. Now, artists are expected to promote themselves at every turn, touring on massive buses while updating their Twitter feed every time they stop for a toilet break.

But Eaglesmith is an oldie when it comes to life on the road. When reached for an interview in Denver, he's waiting for his truck to get fixed. And although his Twitter account has been updated, he's completely unaware of it.

"I don't have a Twitter. The girls in my band run all this. They start all this stuff. They tell me all the time, 'You have 5,000 friends.' Well then why is no one here helping me fix my truck?"

While he refuses to embrace new technology, Eaglesmith's sound has managed to change with the times. His newest album, *Cha Cha Cha*, is a departure from the alt-country hero everyone knows. Instead, he's taken on more Latin

influences and blended sounds from the '50s and '60s into his music. It may seem a bit odd for those used to his normal style, but Eaglesmith says he is excited about the new music.

With the new sound also comes a new look. Out is the cowboy hat and ripped shirt; now he dons a top hat and a full-length coat. Eaglesmith describes it as his crazy circus look.

And, being the irreverent crank he is, he's doing it for himself — anyone else's approval is irrelevant. But that doesn't mean Eaglesmith can't stir up some emotions along the way.

"I had the cowboy thing going on for 10 years. Pretty soon, everybody was looking like me. Everybody was cutting off their sleeves. Everybody was wearing a cowboy hat," Eaglesmith says. "I thought, I'm going to start this circus stuff. It's really good to change, because it pisses a lot of people off."

SU & GFC COUNCIL

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3:30pm – 5:30pm
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Come to Dewey's next Tuesday for an informal forum and meet & greet with your Students' Union and General Faculties Councillor candidates.

Each candidate will have one minute to speak to the audience, and then the remainder of the event will be an informal meet and greet where attendees can have conversations with the candidates.

Any questions can be directed to Alena Manera, the Chief Returning Officer at: cro@su.ualberta.ca

STUDENTS' COUNCIL

Students' Council is the ultimate authority in the Students' Union. These individuals are responsible for fulfilling the mandate of the Students' Union. This mandate comes from the Post Secondary Learning Act.

To this end, while Students' Council has delegated some of its authority to its various committees, notably the Discipline, Interpretation, and Enforcement Board and the Executive Committee, it retains ultimate control and authority over the elected Executive Officers, staff, all monies collected under its authority, and any subsidiary body created under its auspices. In short, all power, control and responsibility ultimately is vested in Council.

ELECTION DATES: MARCH 24&25, 2011





Ruffians growing up together

musicpreview

Born Ruffians
With Sheezer
Thursday, March 17 at 6 p.m.
The Starlite Room (10030-102 Street)
\$20.75 at ticketmaster.ca

BRENDAN FITZGERALD
Arts & Entertainment Writer

The volatility of the music world makes it tough for any gang of basement-dwelling musical pals to stay together. For Born Ruffians, although they've experienced some re-branding and stints of drama, they've ultimately managed to keep the group intact since its garage band beginnings.

"It's funny when I see all these other bands that didn't start like us, who didn't come from being friends in high school," bassist Mitch Derosier says. "It's so different seeing bands that need to trade up members to keep going. I feel like we're closer in a weirder way because of how long we've been together [...] We were just lucky that we were all already friends and wanted to play together."

Despite the band's history, the relationship between its members hasn't been without difficulties. In 2009, drummer Steve Hamelin went on hiatus, threatening Born Ruffians' connection as a band. Although the group was certainly

not going to fold in Hamelin's absence, it was still a concern that his departure could have major consequences.

"It was impossible for it not to affect us, and it was a big event for our band," acknowledges Derosier. "It was the only band any of us had ever been in, so to have someone who we've been playing with since high school say they weren't going to be playing with us anymore — it's a big deal."

Hamelin came back eventually, but his absence ultimately changed the group. They had always intended to record their second album with him, since he had put so much into producing it, but it was never clear whether or not he would rejoin Born Ruffians on tour. When he finally returned, they made sure that any pre-existing problems were cleared up.

"'Say it' is a motto that we had for the band after [Hamelin] came back," Derosier explains. "We sat down and hashed out all our problems and made it be known that if you have a problem, you say it, and it makes things a lot easier. It comes from the fact that a band is a relationship, whether it's with a family member or a significant other or with whatever you want to say. It's something you have to work on."

For Born Ruffians, this was such a significant motto that they ended up naming their latest album for it.

Released in 2010, *Say It* is not only a testament to the band's rejuvenation, but a sign that they were focused on maturing and exploring new areas of music. After years of both working and living together, they moved into separate houses to begin recording the new album. The result is a record full of electronic elements not present in their previous work *Red, Yellow & Blue*, and a sound that marks a significant departure from the youthful, high-spirited energy it employed.

"On our first record, we all lived together and wrote it all in our basement and just got together whenever we had an idea. So there was a lot more urgency, and we toured it live more before we recorded it. That energy just changed the way the record sounded," Derosier says. "On the second album, *Say It*, we lived in different houses, so we had to meet up to record. So I think the laid-back-ness came from not touring the record before recording. You didn't have that road worn natural speeding up of the songs just from playing them so much."

But before Born Ruffians fans get too worked up about any future changes, don't worry: their experiments won't venture too far into the abstract. "We're not going to all of the sudden have an industrial record where we're just, like, banging techno or something," Derosier laughs.

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FLOP CULTURE

Thanks to Rebecca Black, Friday can never be thought of the same way again. Despite being virtually unknown a mere week ago, Black has skyrocketed to internet infamy with her pre-pubescent YouTube video ode to the weekend and automobile seats.

Black's song delves into the hardships that every typical tween faces, such as whether to sit in the front seat of the car or kick it in the back seat. Black further proves herself a lyrical genius when she sings lines like, "We, we, we so excited" or "Yesterday was Thursday / Today it

is Friday" or "Fun, fun, fun, fun." Actually, Black doesn't so much sing as drone five notes while autotune tweaks her voice to robotic proportions. But let's not dismiss those crazy electronic riffs she busts out at the end of her performance with a pained, confused expression on her face — that's some real talent there.

As for the video, there are too many inexplicable plot holes to count. Why does Black sing about waiting at the bus stop when she gets picked up by her friends? Why does the boy driving the car she is in appear to be 12 years old? Why does Black wake up in the morning with makeup already caked on her face? What's up with the awkward rap break in the middle of the song? The only good part about this video is Black's delightful friend sitting

next to her in the car scene, also known as Awkward in Pink, who steals the show with some expertly stilted dance moves.

Despite her soulless eyes telling us otherwise, I'm sure that Black is a perfectly lovely 13-year-old. But that's as far as it goes. Anyone with a voice so strange that it's capable of making Friday sound like "fried eggs" deserves to be eternally condemned to flop culture.

ALEX MIGDAL

Flop Culture is a semi-regular feature in which Gateway pop culture pundits shake their literary fists at ridiculous events or celebrities deserving of an inky bitch-slap.

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Athabasca University

The dual goals of a Green and Gold bench boss

Pandas basketball head coach Scott Edwards remains steadfast in his philosophy that varsity sport isn't just about the tally on the scoreboard

basketball profile

MATT HIRJI
Sports Editor

The sun has set on this year's Pandas basketball season.

The 15 players on the Pandas roster, returning back to Edmonton after a heartbreaking playoff defeat last weekend in the CIS regional qualifier, have already begun to clear out their lockers. Now, they'll set their sights on final exams and summer jobs. Despite the tears that come along with goals not quite met, their head coach is still proud of their accomplishments.

In a tiny office one floor above his team's locker room, Pandas head coach Scott Edwards is sitting in front of his computer watching film of last weekend's devastating loss that ended his squad's dream of winning their second national championship banner. The video is a stark reminder of the heartbreak of less than a week ago.

But Edwards has a smile on his face. Revisiting the game provides another opportunity to watch his two graduating seniors, Marisa Haylett and Alysia Rissling, score their last points in the Green and Gold jersey. This is what Edwards works for.

"Being a guide and a mentor for my players is probably the most rewarding thing for me," Edwards says. "The most proud days that I have aren't when we win ball games, but it's when my kids graduate and move on to do whatever they're passionate about. That's the most satisfying part about what I do. The basketball side is just the avenue to teach them about life goals and lessons so that they can be great people in the future."

Growing up on Vancouver Island in the small town of Duncan, Edwards was never much of a basketball player. He played high-school basketball, but when he came to the University of Alberta to pursue an education degree, he decided that he wasn't good enough to try out for the Golden Bears. His heart, after all, was in teaching. And after completing his degree in 1997, Edwards began teaching at a local junior high school. It was only after years of teaching and taking part-time coaching gigs that Edwards uncovered his zeal for being the bench boss at a competitive level.

Pursuing his passion, Edwards took over the head coaching duties for the Concordia College Thunder women's basketball team. During his tenure as head coach in 2000, the team improved its conference record each year, and in 2005 won the CCAA national championship. Edwards had finally found his calling. In 2006, he was hired as the Pandas head coach, replacing 15-year bench boss Trix Baker and beginning a new era in women's basketball at the University of Alberta.

Since Edwards took over coaching responsibilities five years ago, the Pandas have done well, with a 137-58 overall record, while remaining ranked amongst the top 10 varsity basketball teams in the nation for all but five weeks. While he's quick to deflect the credit for his team's recent era of excellence, Edwards is undoubtedly gaining a reputation as among the most prolific women's basketball coaches in Canada today — something that stems from his athlete-centered coaching philosophy.

"I really care about my players and I put their well being first before anything else," Edwards says. "I try to make my decisions based on what's best for our kids. In terms of how I coach the game, everybody at this level is very

competitive, so obviously it's about winning. You're not at U of A if you don't want to win. I understand that, respect it, and [let it] flourish. Because there is such a passion for winning here, I want to win the right way, with class and dignity. Teaching our kids character through sport is what's most important to me."

The Pandas certainly learned a lesson in perseverance this season. After losing a pair of veteran forwards early in the year, the team was riddled by injuries all season. Haylett, their captain, suffered from chronic migraines. Rookie guard Jamie Noram was sidelined for the season after a freak knee injury. An always-stable backcourt bulwark Kaitlyn Arbuthnot came down with mono in the second semester. But through it all, Edwards continued to demand excellence from his athletes. Even as the Pandas active roster was reduced down to eight players near the end of the season, Edwards sent those eight onto the court and insisted that they play their hearts out.

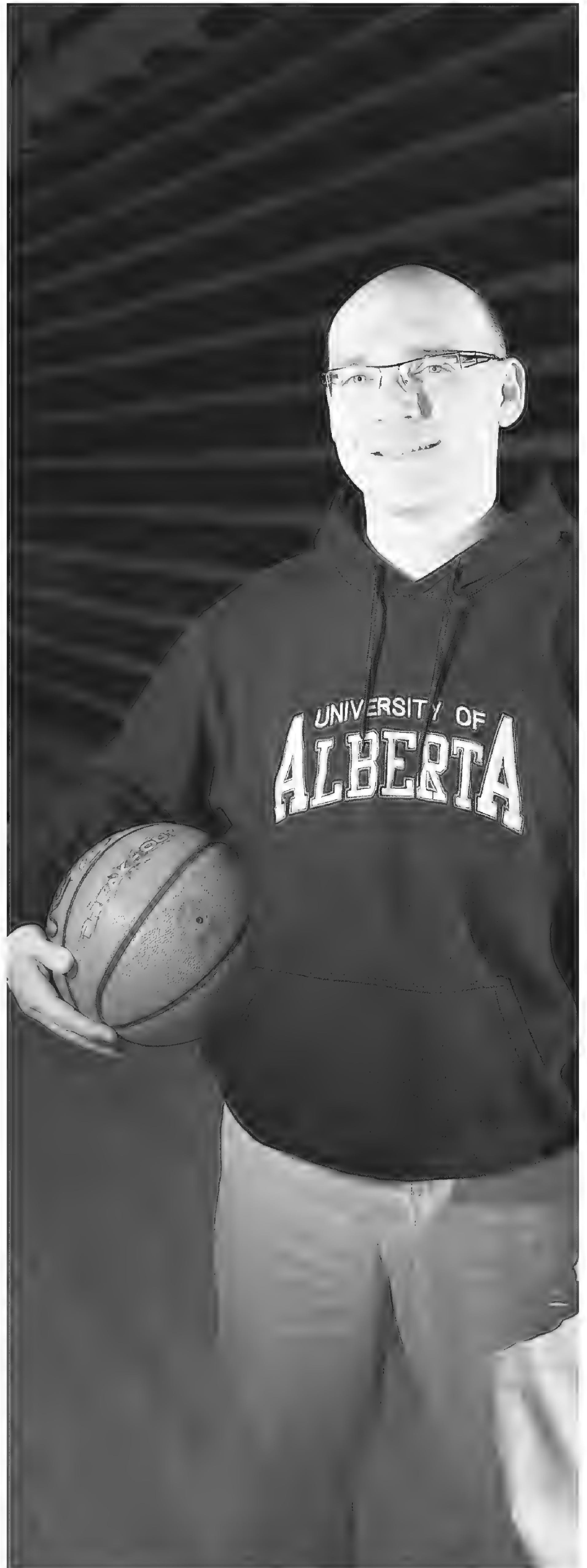
"The most proud days that I have aren't when we win ball games, but it's when my kids graduate and move on to do whatever they're passionate about [...] The basketball side is just the avenue to teach them about life goals and lessons so that they can be great people in the future."

SCOTT EDWARDS
HEAD COACH, PANDAS BASKETBALL

"From everyone on our staff, myself included, we can never allow distractions to become an excuse or a crutch," Edwards says, reflecting on his squad's up and down season. "All these kids were recruited to come to our university because they are elite players. They are all expected to go on the floor and do the job. We need to make sure that they focus on the here and now, not worry about tomorrow or what's going on with their teammates that are injured. I think that principle allowed them to stay focused on the moment. It certainly helped us this year."

Considering the circumstances, the Pandas fared extremely well this season. Advancing to the regional qualifier before falling to the X-Women was a feat that not many pundits thought was possible for a team with nearly half the roster unable to contribute on the court. In fact, fielding an undersized roster ever since Edwards took over as head coach, the Pandas have always played the underdog role. But despite their successes, Edwards and his Pandas are still missing one thing: a national championship banner — something that, as Edwards admits, may not rise to the rafters until the appropriate sacrifices are made.

"We've started on the road to being one of those upper echelon teams in the country, but we really haven't got over the hump to being [one of] the true great teams," Edwards says. "It takes certain dedication. I try to challenge my kids all the time: If you don't want to do this right, then it's not worth doing it at all [...] They need to really embrace the moment; they only have a short period of time, five years, to do something that's really just for them. It's not to help their parents feel better about themselves, it's not for their friends; it's just for them. And it's something that they'll never forget."



AARON YEO

Who will emerge from the Madness this season?



SPORTS
STAFF

Group
Commentary

The brackets have been set. The face paint is on. The mascots are rearing to perform. Yes, it's time for March Madness. The annual NCAA college basketball championship tournament starts today. Thousands of permutations and combinations abound — no pundit in the history of the tournament has ever completed a perfect bracket. But the sports staff here at *The Gateway* are trying anyways. Here are our picks for which team is going to take it all.



Max Lutz

With the annual NCAA men's basketball tournament about to kick off, the University of Connecticut Huskies are riding into the competition brimming with confidence. They are fresh off being crowned victors of the Big East tournament. And the Huskies, led by brilliant junior guard Kemba Walker, solidified their place as one of the premiere contenders at this year's NCAA March Madness through the arduous journey they have taken to get there.

After a less than stellar regular season saw the Huskies go 9–9 in conference action, and a starting line-up that doesn't include a single senior, Connecticut had plenty of doubters scoffing at the team's chance to even make the big dance. However, the Big East proved to be a critical launching pad in the Huskies journey to this year's March Madness.

Star guard Kemba Walker set a tournament record with 130 points and lead his team through the marathon tournament to win five straight games against powerhouse teams like Pittsburgh, and Louisville. In the Big East semi-final against Syracuse, Walker single handedly notched an astonishing 33 points and 12 rebounds.

The Huskies exemplify all the qualities a team needs to win the tournament; a strong, committed defence, an experienced and savvy coach, and an NBA prospect in Walker. All of this will surely lead the Blue and White to a national victory.



Matt Hirji

March Madness is all about the crowd — the atmosphere surrounding the hardwood as the thump of the ball rings out its repetitive song. Fans can make or break a run to the national championship banner.

Their loud cheers can change the momentum of a game, and in March Madness that could be the difference between a team cutting down

the mesh or going home empty-handed. For that reason, my pick this year is the University of Georgia Bulldogs.

Hailing from Athens, Georgia, the Bulldogs are a 10th-ranked team heading into the tournament. But they have another ranking in their pocket that'll catapult them to a NCAA championship this year. The Princeton Review recently awarded the University of Georgia this year's number-one party school — something that represents the student body's brazen disregard for academics to show the pride they have for their school.

When it comes to binge drinking, tailgate parties, and inebriated school spirit, Georgia can't be beat. So it's only safe to assume that Bulldogs fans will come out in full force and catapult their varsity basketball team to triumph over the competition this month.



Justin Bell

There's one reason, and one reason alone, so many people tune in to March Madness — the underdog.

And taking on the role this year is a team whose mascot is, aptly enough, a Terrier. Boston University will take on Kansas on Friday in what is being predicted will be a huge blowout. By any metric, the Kansas Jayhawks will dominate in Tulsa and embarrass the Terriers.

But we all love to dream. And that's why I

think the Terriers will come out ahead. The team has won 11 straight games, including a close 56–54 victory in the America East conference to send them into the tournament.

They now face a team that dominated the Big 12 and has one of the strongest backcourts in the country. Even at the head coach position, Kansas holds the advantage. Bill Shelf has made it to 13 tournaments, while Boston's Patrick Chambers has only been at the helm for two years.

But it'd be great to see the Terriers buck the trend and come out strong, playing with heart even though they know the odds are against them. Watch for the upset victory on Friday afternoon.



Alix Kemp

If the Democratic Party has taught me anything it's to always agree with Barack Obama. So it only makes sense to follow his guidance when making my picks in March Madness.

This week the Commander-in-Chief filled out this year's bracket, picking the number-one ranked Kansas Jayhawks to cut down the mesh at the end of the NCAA tournament.

Compared to his domestic policy, the President isn't taking much of a risk on this one. The Jayhawks have been a powerhouse team for years.

And even if our dear leader were incorrect, I would rather not go on trial for high treason.



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2. GEOFF BERNER - VICTORY PARTY
3. PETER ELKAS - REPEAT OFFENDER
4. DESTROYER - KAPUTT
5. MAKEOUT VIDEOTAPE - YING YANG
6. THE CITY STREETS WITH MYROL - PEACEMAKER
7. GALAXIE - TIGRE ET DIESEL
8. CETI ALPHA - ANGELS GLUE
9. OLD SINS / SLATES - SPLIT 7-INCH
10. MIESHA AND THE SPANKS - GODS OF LOVE
11. MISKATONIC - THE PATH LEFT HIDDEN
12. PETER STAMPFEL & THE WORM ALL-STARS
A SURE SIGN OF SOMETHING
13. THE BURNETTES - A BOY AND A GIRL
14. WILDLIFE - STRIKE HARD, YOUNG DIAMOND
15. HEY ROSETTA! - SEEDS



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Unpunished headshot sets bad precedent for NHL



MAX LUTZ

Sports
Commentary

In what seems to be a daily occurrence, the NHL has been experiencing a rise in concussions due to headshots. The league's band of hockey disciplinarians have been attempting to ease into a new age of regulation, handing out suspensions to hits that would have previously gone unpunished. And while their efforts to curtail the concussion epidemic that is sweeping the league have been somewhat helpful in protecting the safety of players, their latest handling of an on-ice incident proves they have absolutely no idea what they're doing.

On March 9, the Montreal Canadiens played host to the Boston Bruins in a passionate game between the two eastern conference rivals, and something truly shocking happened. Hulking Bruins defenceman Zdeno Chara clobbered Canadiens forward Max Pacioretty into the turnbuckle separating the benches. In what is being described as one of the most violent collisions in recent memory, Pacioretty suffered a severe concussion and broken spinal vertebrae. And before Pacioretty was even taken off the ice in a stretcher, talk shifted to how the league would handle this terrifying on-ice incident.

I think the argument that Chara didn't intend to hurt anyone, and Pacioretty was merely a victim to an unfortunate



SUPPLIED

circumstance, is utter bullshit. But for argument's sake, let's say Chara didn't have any intention to steer Pacioretty's head into the unforgiving turnbuckle. Let's assume it was an accident. At the very least Chara, interfered with the Canadiens winger enough to merit a penalty. And given the gravity of the play, the referees deemed that Chara be expelled from the game. However, a mere 24 hours after the brutal

incident, Mike Murphy, vice-president of hockey operations, decided the act by Chara merited no suspension, no fine, no reprimands at all.

Seriously?

Considering that hockey headshots have become the most tired topic in hockey conversation, as countless players are missing games as a result of concussions, the league *should* be trying to protect its most valuable assets. The

league *should* eliminate the barbaric image of hockey that it's currently projecting to the fragile American market. But no. The NHL front office has descended a slippery slope by not doling out severe penalties for acts of idiotic aggression.

I understand hockey is one of the fastest sports on earth and collisions will undoubtedly occur, but the NHL needs to take a serious look at the

culture of aggression that it's currently propagating. Purists will argue that physical contact is integral to the game; however, isn't the role of body-checking to separate the opposing player from the puck, not to inflict the most bodily harm on your opponent with no concern for their safety? At this rate, it's only a matter of time before someone suffers a life threatening injury and dies on the ice.

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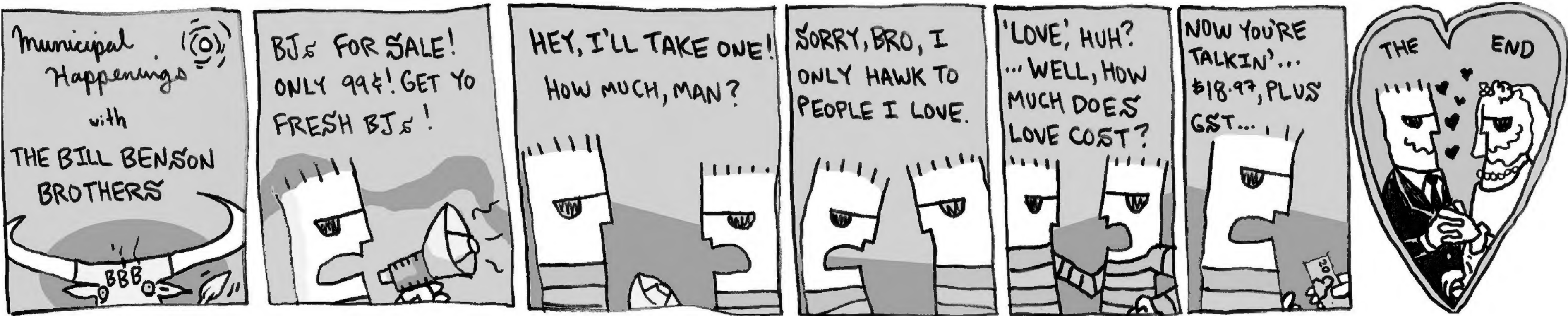
DICK AND DOUCHE by Benjamin Nay and Brad Chury



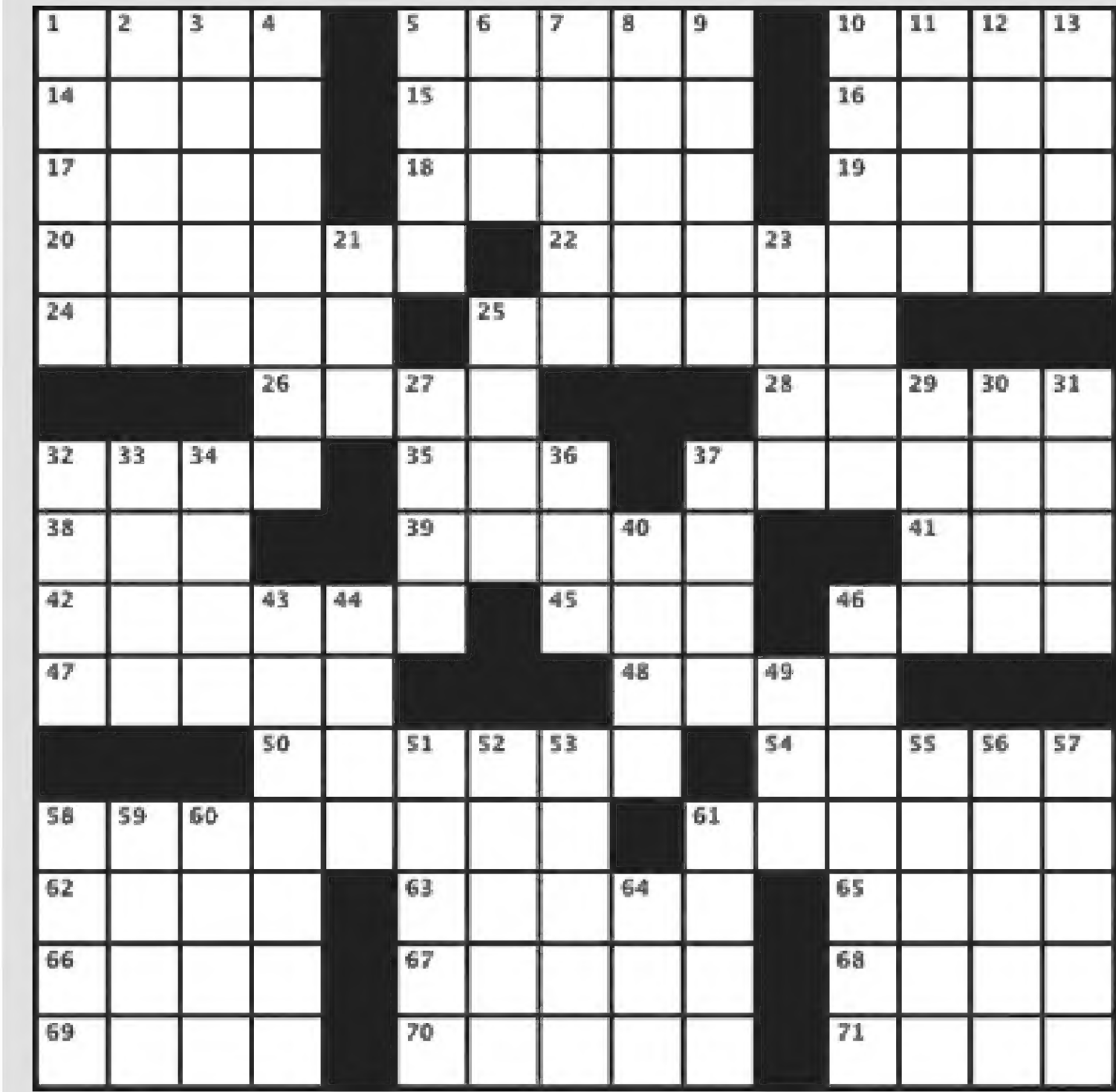
SINGLE DAD BANANA by Benjamin Ripley



MUNICIPAL HAPPENINGS by Bill Benson



crossword



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Across

- 1. Member of a great Peruvian people
- 5. Religion of the Muslims
- 10. Shoppe adjective
- 14. Category
- 15. Fearsome
- 16. South African river
- 17. Asian sea
- 18. Saltpeter
- 19. Goes astray
- 20. Bear witness
- 22. Salt of tartaric acid
- 24. Inexpensive
- 25. Interlocks
- 26. Franklin D.'s mother
- 28. Protection
- 32. Mature male European red deer
- 35. Mischievous person
- 37. Circular band of flowers
- 38. Gasteyer of "Saturday Night Live"
- 39. Part of LED
- 41. Barcelona bear
- 42. Unstated
- 45. Bumbler
- 46. Hit with an open hand

- 47. Lukewarm
- 48. Let
- 50. Bog
- 54. Component of organic fertilizer
- 58. Caudal
- 61. Newspaper executive
- 62. Gaelic language of Ireland or Scotland
- 63. Located
- 65. Florence's river
- 66. Exclamation to express sorrow
- 67. Clear the board
- 68. License plates
- 69. Playthings
- 70. Old Nick
- 71. "quam videri" (North Carolina's motto)

Down

- 1. Sir Newton was an English mathematician
- 2. Compass point
- 3. Jalopy
- 4. In any case
- 5. "She Lovely?"
- 6. Biol., e.g.
- 7. Starbucks order
- 8. Neighborhoods
- 9. Incense gum
- 10. Supervise
- 11. Zhivago's love

- 12. Move suddenly
- 13. Additional
- 21. Health haven
- 23. Drop of water expelled by the eye
- 25. Former French colony of north-western Africa
- 27. Comic Foxx
- 29. London jail
- 30. boy!
- 31. Boutique
- 32. monde
- 33. Actress Heche
- 34. Coarse file
- 36. Rock's Fighters
- 37. Woven fabric
- 40. Raised platform
- 43. Purposeless
- 44. Billy had a hit song with "White Wedding"
- 46. Arranged in order
- 49. Partially opened flower
- 51. Ascends
- 52. Director Kurosawa
- 53. Attack
- 55. Gillette razors
- 56. Forceps
- 57. Uneven
- 58. Milk source
- 59. He sang about Alice
- 60. Brit's exclamation
- 61. Biblical garden
- 64. Conductor ____ -Pekka Salonen

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- 1. The dyed beer turns my pee green.
- 2. The sea shanties I sang in Halifax during my times as a lobster enthusiast changed me more than I'd like to admit.



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